



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19079, Candies, confectioner's coating, yogurt

Report Date: June 26, 2017 16:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 170g
Proximates					
Water	g	1.91	2	--	3.25
Energy	kcal	522	--	--	887
Energy	kJ	2185	--	--	3714
Protein	g	5.87	--	--	9.98
Total lipid (fat)	g	27.00	2	--	45.90
Ash	g	1.28	--	--	2.18
Carbohydrate, by difference	g	63.94	--	--	108.70
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	62.36	--	--	106.01
Minerals					
Calcium, Ca	mg	205	--	--	348
Iron, Fe	mg	0.14	--	--	0.24
Magnesium, Mg	mg	18	--	--	31
Phosphorus, P	mg	157	--	--	267
Potassium, K	mg	290	--	--	493
Sodium, Na	mg	88	--	--	150
Zinc, Zn	mg	0.70	--	--	1.19
Copper, Cu	mg	0.008	--	--	0.014
Manganese, Mn	mg	0.003	--	--	0.005
Selenium, Se	µg	4.7	--	--	8.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.5	--	--	0.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 170g
Thiamin	mg	0.064	--	--	0.109
Riboflavin	mg	0.261	--	--	0.444
Niacin	mg	0.154	--	--	0.262
Pantothenic acid	mg	0.587	--	--	0.998
Vitamin B-6	mg	0.056	--	--	0.095
Folate, total	µg	8	--	--	14
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	14
Folate, DFE	µg	8	--	--	14
Choline, total	mg	24.8	--	--	42.2
Vitamin B-12	µg	0.65	--	--	1.10
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	1	--	--	2
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	4	--	--	7
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	1.11	--	--	1.89
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	9.4	--	--	16.0
Lipids					
Fatty acids, total saturated	g	24.104	--	--	40.977
4:0	g	0.025	--	--	0.043
6:0	g	0.044	--	--	0.075
8:0	g	0.678	--	--	1.153
10:0	g	0.847	--	--	1.440
12:0	g	14.505	--	--	24.659
14:0	g	5.153	--	--	8.760

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 170g
16:0	g	2.271	--	--	3.861
18:0	g	0.571	--	--	0.971
20:0	g	0.010	--	--	0.017
Fatty acids, total monounsaturated	g	0.526	--	--	0.894
16:1 undifferentiated	g	0.003	--	--	0.005
18:1 undifferentiated	g	0.523	--	--	0.889
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.524	--	--	0.891
18:2 undifferentiated	g	0.478	--	--	0.813
18:3 undifferentiated	g	0.046	--	--	0.078
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	1	2	--	2
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0